

99

POTATO RECIPES

Tested by 33 Famous
COOKING EXPERTS



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• I N A P P R E C I A T I O N •



The State of Maine wishes to express its sincere appreciation to these famous domestic science authorities who have collaborated with us in the preparation of this little book. They have given generously of their time and broad experience to make "99 Potato Recipes Tested By 33 Famous Cooking Experts" a document of real value to the American housewife.

JULIA BOURNE
The American Home

BETSY CASWELL
The Washington Evening Star

HARRIET COOKE
Buffalo Evening News

ELOISE DAVISON
New York Herald Tribune

GOOD HOUSEKEEPING INSTITUTE
Katharine Fisher

GENEVA WHITE FLANERY
Southern Agriculturist

MRS. CHRISTINE FREDERICK
St. Nicholas Magazine

LETTIE GAY
The Parents' Magazine

JOSEPHINE GIBSON
The Pittsburgh Press

MARJORIE GRIFFIN
Successful Farming

HARRIET HEATH
Phila. Evening Public Ledger

HELEN HOMER
Better Homes & Gardens

ESTHER KIMMEL
Pictorial Review

CAROLINE B. KING
Country Gentleman

JESSIE A. KNOX
Practical Home Economics

MRS. IDA MIGLIARIO
The Household Magazine

MARJORIE MILLS
The Boston Herald Traveler

ELLEN PENNELL
The Country Home Magazine

ANNE PIERCE
Home Arts, Needlecraft

MARY R. REYNOLDS
Farm Journal

HELEN ROBERTSON
Cleveland Plain Dealer

MARION F. SAWYER
The Detroit Free Press

ANNA B. SCOTT
The Philadelphia Inquirer

LOUISA P. SKILTON
American Cookery

LUCILE W. SMALL
New England Homestead

ADA BESSIE SWANN
Woman's Home Companion

GRACE TURNER
This Week

MRS. LILY HAXWORTH WALLACE
Woman's World

BETSY WHITNEY
Holland's

MIRIAM J. WILLIAMS
The Farmer's Wife Magazine

WINIFRED WISHARD
New York Post

ELIZABETH WOODY
McCall's Magazine

CLARA BELL WOOLWORTH
The Rural New Yorker

The high esteem in which these famous editors and the publications with which they are affiliated are held, and the authority with which they write, is evidenced by the fact that their daily, weekly or monthly articles on food and household subjects have a combined readership of over forty-four million American women.

LEWIS O. BARROWS

AUGUSTA, MAINE

GOVERNOR



Fertile fields, ideal climate, account for the superlative quality of Maine-grown potatoes.

T H E R I S E O F

A V E R Y H U M B L E F E L L O W

EARLY DAYS IN EUROPE

Perhaps if the potato were not such a hardy vegetable, it never would have triumphed over the many trials and troubles which beset it from its very introduction into the civilized world.

Although popularly believed to have been found in Virginia and presented by Sir Walter Raleigh to Queen Elizabeth in 1585, it is more likely that the lowly potato was first brought to Europe from Peru earlier in the 16th century by the Spaniards. It gradually moiled its way from Spain into Holland, Burgundy and Italy. But no friendly arms opened in welcome at the outset. Scorned by the poorest peasants, it was cultivated only as a garden curiosity.

History tells us that its cultivation as a food first became general in Ireland, which explains the term, "Irish Spud," used for this South American native. Hawkins, a slave trader, is accredited with its introduction to the Emerald Isle in 1565 "to avert a famine." In France, Parmentier, a noted agriculturist and economist, achieved his country's acceptance of the potato by the simple ruse of presenting Marie Antoinette with a head wreath of potato blossoms. When the turbulent peasants heard that this "interloper" would be restricted to the aristocracy, they forgot their superstitions, stole the royal plants and raised their first crops as a token of defiance. Parmentier, it is said, first met the potato in a German prison camp.

With the potato receiving its first recognition as a food staple in the middle of the 18th century in Europe, came its return to America.

BEGINNING OF A "POTATO EMPIRE"

One hundred years ago, lumber was king in northern Maine. So, it was the axe that transformed great forests to great fields, raised cabins for people of the earth and built great barns to hold great harvests. The Yankee, the Britisher and the fast-moving immigrant who came to Maine to farm, discovered almost immediately that the soil and the climate were ideal for producing fine-tasting, fine-textured potatoes. Scientific research has since

STATE OF MAINE
SELECTED
U. S. No. 1 GRADED
POTATOES

corroborated this by stating that the glacial soil of northern Maine is rich in important minerals. Also important are the evenly spaced rainfalls, the warm days and cool nights during Maine's short growing season.

From the very beginning, in the counties of Aroostook, Piscataquis, Penobscot and Waldo, the potato-producing regions of Maine proved abundantly fertile. As on other American frontiers, the progress achieved was almost unbelievable. For example, in Aroostook County the population in 1840 was about 3,000, in 1885 about 45,000, today about 91,000. In Aroostook in 1880 there were 5,802 farms and 270,442 acres of improved land; today, 57 years later, the total number of farms has risen about 40 per cent and improved acreage has risen more than 300 per cent. These amazing facts all help to explain why Maine today produces nearly 18 per cent of the nation's total potato crop. Attesting to the peerless quality of State of Maine potatoes, it is significant that their seed is purchased by potato growers in all parts of the world. Maine is, indeed, the uncrowned "Potato Empire."

IDENTIFYING A QUALITY PRODUCT

As indicated above, the quality of Maine-grown potatoes is due in large part to natural causes. Even in the beginning the richness of Nature was a source of wonder, for potatoes grew on the wilderness farms in a profusion wholly unprecedented. But considerable credit must also be given to the Maine growers who early adopted a patient study of seed varieties, crop rotation, and the like. It was this which gives truth to the saying—"It takes Maine soil, Maine climate and a Maine grower to produce a Maine potato."

With characteristic farsightedness, the Maine grower has proceeded to tell the public about that quality. Voluntarily sponsoring a tax upon his crop, he has provided the Maine Development Commission with substantial funds to promote a trade-marking, packaging, merchandising and advertising campaign. The official State of Maine trade-mark of blue, white and red has been developed, and this appears on all burlap, paper and mesh bags in sizes from 10 to 100 pounds and on 10- and 15-pound special containers of cardboard and 10- and 15-pound baskets with handles. All State of Maine Potatoes packed in these special trade-marked containers must grade "U. S. No. 1" or "Fancy," for otherwise they cannot be sold under the official State of Maine trade-mark. New special "packs" of six selected State of Maine Jumbo Baking Potatoes are also available, each potato selected, inspected, wrapped in tissue.

50,000,000 bushels of these fine potatoes were raised for you last year in the State of Maine. 5



Thus Genuine State of Maine Potatoes come to market after inspection of the growing crops in the field and carry both U. S. Federal and State of Maine inspection at the time these potatoes are packed and shipped. The Maine Department of Agriculture, therefore, gives this super-certification of quality to Genuine State of Maine Potatoes, identified for you by the State of Maine official trade-mark in blue, white and red, shown at the bottom of this page.

**MORE HEALTH—
MORE ECONOMY**

Truthfully advertising the potato and its nutritional value is certainly an easy matter, requiring no "pseudo-scientific," half-true claims. Savior of Ireland and other countries in times of famine—the prescription of doctors for growing children and for invalids—and the standby of expert dietitians—the potato represents a necessary part of any balanced menu.

Indeed, the potato has properly been called Man's greatest food. It offers generous shares of calcium, phosphorus and iron, of vitamins A, B, C and G. As a matter of fact, you need take only a State of Maine Baked Potato, add butter and milk or cream, and you have a dish which contains every important food element necessary for good health and increased energy. Dietitians have gone so far as to state that, if the human appetite could stand the monotony, this dish could be repeated without anything else day after day, week after week to the definite benefit of the individual's health.

Speaking of the monotony reminds us that the greatest handicap to an increased potato popularity is the average housewife's unwillingness to vary her preparation of this vegetable. She confines her activities to baked, boiled, mashed, hashed in cream, French-fried and a few more of the old reliables. Our research shows but eight standard uses by the average American housewife. Actually there are more than 500 known recipes for potatoes, and it is the purpose of this booklet to offer some of the best selections made by America's outstanding food preparation experts.

If the housewife needs further incentive to purchase State of Maine Potatoes, she can find it in price. Whether other foods are high or low, the potato is always inexpensive in relative cost for the food elements it provides. Recently, the head dietitian of a famous eastern university made a study of fourteen important staple foods. This expert compared their protein, iron, calcium, phosphorus, calories, and vitamins A, B, C and G contents per 5¢ purchase. The potato emerged with flying colors, outranking whole milk, fresh and canned tomatoes, oranges, lamb chops, lamb for stew, rolled oats, cheese, eggs, sugar and canned salmon. The potato was one of only five foods on the list which offered some portion of all the studied elements.

**FRIEND TO WEIGHT
AND WAISTLINE**

We would not perform our entire duty in this introduction if we did not destroy the fattening "bugaboo" concerning potatoes. For years now, the average woman has imagined that consumption of potatoes would unduly increase her weight and waistline. Nothing could be less true.



The amount of calories in a food determines its fattening qualities. A medium-size Maine-grown potato contains 100 calories, only 1/30 of the total required daily by the average person. An apple or an orange also contains 100 calories. In other words, a Maine-grown potato is no more fattening than an orange or an apple. You have recently read, no doubt, the above statements in the newspapers and magazines by the United States Bureau of Home Economics and similar statements on the food value of potatoes, by such recognized food authorities as Dr. J. H. Kellogg, Battle Creek Sanitarium, Michigan; Professor Elizabeth Whittaker, Michigan State College; Dr. Royal S. Copeland; Dr. Shirley Wynne, both former Health Commissioners of the City of New York; Leone M. Dakin, of the University of Maine; and Dr. M. Hindhede, famous food authority of Copenhagen, Denmark. They state, in effect, that the potato is not fattening, comparatively speaking. Among accepted diets today, many definitely include potatoes as a daily dish.

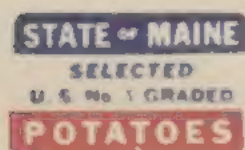
Perhaps it would be appropriate to close with the statement issued by the Health Committee of the League of Nations: "An extended dietary use of the potato is recommended to replace part of the sugar and highly milled cereals in the ordinary diet. Potatoes provide extra vitamin C and more readily available calcium and phosphorus than are present in cereals. Potatoes also yield more iron and B vitamins than milled cereals." Later, this report continues: "The Committee recognizes that the deficiencies of modern diets are usually in the protective foods (foods rich in vitamins and minerals) rather than in the more strictly energy-bearing foods that are rich in calories. Among the former are, first and most important, milk and milk products, eggs, potatoes, green vegetables, fat fish and lean meat."

MAKING ITS BOW TO YOU

From a humble beginning, the potato has assumed its rightful position as one of the most important food staples in the world. It has conquered the superstitious fears of the poor man, won a place on the most luxurious tables of the rich, withstood the onslaughts of highly advertised "substitutes," secured the highest praise of dietitians.

In the beginning there were only two varieties, the white and the red; today there are more than 300 varieties of potatoes. But none is more delicious, more healthful than the Maine-grown Green Mountains, Cobblers, Katahdins, Bliss Triumphs, and other varieties as developed by State of Maine growers. Only a few years ago, housewives as well as hotel chefs were content to serve the potato in a few plain, wholesome and monotonous ways. Today there are hundreds of recipes. The most attractive, in taste as well as practical preparation, are presented to you by leading American food editors on the following pages. No need ever to tire of this necessary food with these recipes at hand. If they help you to improve your menus, we have achieved our purpose.

Eat more Maine Potatoes—they're good for you and your family.







Julia Bourne, Home Economics Editor of The American Home Magazine. Formerly Assistant Women's Editor of Country Home Magazine and editor of Junior Department of Successful Farming Magazine.

Julia Bourne
recommends . . .



POTATO AND GREEN PEA SOUP

Two medium-sized Maine potatoes diced and one onion boiled in one pint boiling water. When tender rub with one cup canned peas through sieve. Add one quart hot milk. Salt, pepper, and a thickening made by blending two tablespoons flour and two tablespoons butter added to hot mixture make it ready to serve with minced parsley on top. (Illustrated on opposite page.)

OYSTER BAKED POTATOES

6 potatoes for baking, uniform size	$\frac{1}{4}$ teaspoon paprika
6 tablespoons butter	6 tablespoons milk or cream
$1\frac{1}{2}$ teaspoons salt	6 raw oysters
$\frac{1}{4}$ teaspoon pepper	French dressing
	$\frac{1}{2}$ cup buttered bread crumbs

Clean potatoes well, brush with melted fat, and bake in a hot oven (400° F.) for about one hour, or until they may be pierced easily with a fork. Cut a slice from one side, scoop out inside and mash well with the butter, salt, pepper, paprika and cream. Refill the shells with the potato mixture, making an impression in the center of each. Press the oysters, which have stood for half an hour in French dressing, into the potatoes. Cover with the buttered bread crumbs and return to a moderate oven (350° F.) for 20 minutes or until crumbs are brown. Yield: 6 portions.

CORNFLAKE POTATOES

6 medium-sized Maine potatoes	1 cup cornflakes, rolled fine
	4 tablespoons mayonnaise

Peel potatoes, cover with boiling salted water. Cover and boil for about 30 minutes, or until potatoes may be pierced easily with a fork. Drain. Place mayonnaise on waxed paper, roll potatoes in it and then in the cornflakes. Place in buttered baking pan. Toast under the oven broiler, turning frequently until a golden brown. Yield: 6 portions.



The Evening Star

Betsy Caswell, Woman's Editor of the Washington Evening Star. Noted for her articles on cooking, her recipes and her suggestions for entertaining. Formerly Woman's Editor of the Washington, D.C., Times.

Betsy Caswell recommends . . .

POTATO, HAM AND EGG DISH

Spread $\frac{1}{2}$ cup ground cooked ham on the bottom of a baking glass pie dish. On top of the ham place $\frac{1}{4}$ inch Maine mashed potatoes. Fill pastry bag with more mashed potatoes, and squeeze them out to form nests on top of the layer of potatoes (number of nests according to number of guests, of course). Make a wavy design of potato all around the edge of the plate. Poach eggs and, when done, place in nests, filling spaces between the nests with sliced broiled tomatoes. Garnish with crisp bacon, place in oven for one minute to reheat, and serve piping hot.

POTATO AND ONION SOUP

6 small white onions
1 cup celery
5 tablespoons butter
1 quart milk

$2\frac{1}{2}$ cups Maine potatoes
 $1\frac{1}{2}$ tablespoons flour
Salt, pepper, cayenne,
minced parsley

Cut the onions and celery in thin slices and sauté in 3 tablespoons of the butter, stirring constantly until clear and yellow. Add the milk and cook altogether in the top of a double boiler for three quarters of an hour. Cut the potatoes in small dice and cook them until softened in boiling salted water—about 10 minutes. Blend 2 tablespoons butter with the flour over the flame, add the milk, vegetables and the potatoes. Cook together until all is soft and thick, season well and serve with minced parsley on top. Yield: 4 to 6 portions.

POTATO AND EGG SALAD

4 boiled Maine potatoes
2 hard-boiled eggs

Few chives or onions
3 pimentos

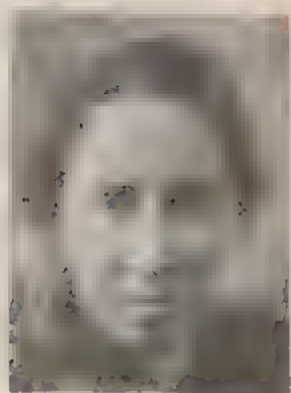
Cut above ingredients into small pieces. Mix well with the following dressing:

$\frac{1}{2}$ cup vinegar
1 teaspoon butter
1 teaspoon salt

$\frac{1}{2}$ teaspoon mustard
 $\frac{1}{2}$ teaspoon sugar
2 eggs

$\frac{1}{2}$ teaspoon
cornstarch
 $\frac{1}{2}$ cup heavy cream

Let vinegar come to a boil. Add butter and seasoning. Cook for five minutes. Remove from fire. Beat eggs and cornstarch together, add hot mixture and stir until thickened. Then add cream. When cool, mix with salad. Serves 4-6.



BUFFALO EVENING NEWS

Harriet Cooke, Kitchen Counselor of the Buffalo Evening News. Editor of Kitchen Counsel for the Evening News since that department's beginning more than eight years ago.

Harriet Cooke recommends . . .

MAINE POTATO CHOWDER

2 slices salt pork	4 cups scalded milk
1 sliced onion	Salt and pepper
2 cups diced potatoes	3 tablespoons butter
1 cup corn	6 soda crackers

Cut pork in small pieces and fry until crisp. Remove bits of pork. Add onion and cook slowly for five minutes. Do not brown. Parboil potatoes for five minutes in water to cover. Add potatoes to fat with two cups of water in which they were cooked. Cook until potatoes are tender, then add corn and milk. Season with salt, pepper and butter. Pour over crackers in soup plates and sprinkle with the bits of salt pork. Yield: 6 portions.

POTATO LOAF

1 quart sliced Maine potatoes	1 ½ cups rich milk
4 tablespoons butter	Salt and pepper
3 tablespoons flour	Chopped parsley
	½ cup grated cheese

Chill potatoes in cold water for an hour. Make a cream sauce with butter, flour and milk. Add well drained potatoes and cook over boiling water for five minutes. Season. Butter a bread pan and sprinkle with chopped parsley. Add the potatoes carefully and press into the pan evenly, so surface will be flat. Bake in a slow oven for an hour then turn to hot platter, sprinkle with grated cheese and return to the oven to melt the cheese. Garnish with more parsley.

POTATO AND NUT CROQUETTES

2 cups hot boiled Maine potatoes, riced	¼ cup light cream or milk	⅓ cup chopped pecans
	½ teaspoon salt	½ teaspoon
	⅛ teaspoon pepper	baking powder
	Few grains cayenne	1 egg
	Yolk of 1 egg	Dry bread crumbs

Mix all ingredients with fork until light. Shape as for croquettes. Roll in bread crumbs. Dip in egg which has been mixed with a little cold water. Roll in crumbs again and fry in deep hot fat (375° F.) until brown. Drain on unglazed paper and serve. Yield: 6 croquettes.



NEW YORK

Herald Tribune

Eloise Davison, Director of the New York Herald Tribune Home Institute. Formerly Director of Domestic Electric Service for Electric Home & Farm Authority and Home Economics Advisor for the National Electric Light Association.

Eloise Davison recommends . . .

CREAMED POTATOES IN SHELLS

6 Maine potatoes	2 tablespoons diced
1 tablespoon soft fat	pimiento
1 teaspoon salt	2 tablespoons grated cheese
2 cups thin white sauce	Paprika

Scrub potatoes and rub with fat. Bake in very hot oven (450° F.) 1 hour, or until tender. Remove from oven. Cut a lengthwise slice from the top of each. With a small spatula mark the inside of each potato into small squares. Remove carefully without breaking shells. Sprinkle with salt. Combine white sauce and pimiento, and lightly stir in potato. Heap diced, creamed potato lightly into shells. Sprinkle with cheese and dust with paprika. Return to oven until cheese is melted. Yield: 6 portions.

BRONZE POTATOES

5 medium-sized Maine potatoes	Salt
¼ cup fat	Pepper

Wash potatoes, but do not peel. Cook in boiling salted water until just tender. Drain. Cut with skins on, into ¼ inch slices and saute in hot fat until nicely browned on both sides, being careful not to break the slices. Sprinkle with salt and pepper and serve at once. Approximate yield: 6 portions.

DUCHESS POTATO BALLS

8 medium-sized Maine potatoes	¼ teaspoon pepper
3 eggs, separated	2 tablespoons olive oil
¼ cup melted butter	¾ cup fine dry bread
1 teaspoon salt	crumbs

Peel potatoes. Cook in rapidly boiling salted water until tender. Drain and force through ricer. Beat together 1 egg and 2 egg yolks. Add butter, salt and pepper. Add to potatoes. Beat well. Cool. Form into balls the size of very small oranges. Beat 2 remaining egg whites slightly, add olive oil. Dip balls into this mixture. Roll in crumbs, fry in deep hot fat (400° F.) 1 minute, or until golden brown. Drain. Approximate yield: 24 potato balls, or 8 portions.



GOOD HOUSEKEEPING INSTITUTE

Katharine Fisher, Director
All Institute recipes are tested and approved in the Institute Kitchens before being passed on to Good Housekeeping readers.

*Good Housekeeping
Institute recommends...*



POTATOES IN CHEESE SAUCE

3 tablespoons butter or margarine	3 cups bottled milk or 1½ cups evaporated milk and 1½ cups water
3 tablespoons flour	
¾ teaspoon salt	½ lb. American cheese, grated
Speck pepper	
4 cups diced, cold pared baked Maine potatoes	

Melt the butter in a double boiler; add flour, salt, and pepper, and blend. Then add the milk, and cook until thick, stirring constantly. Cover and cook 10 minutes, stirring occasionally. Then add cheese and cook, stirring until melted. Add the potatoes, heat, and serve. Serves 6. To serve 2 or 3, make half this recipe.

SCALLOPED POTATOES

8 cups sliced, pared Maine potatoes, ⅛ inch thick	4 cups well-seasoned thin white sauce
2 cups thinly sliced peeled onions	2 tablespoons butter or margarine

Arrange alternate layers of the potatoes, onions, white sauce, and butter in a greased 2-quart covered casserole or baking dish, having potatoes as the top layer. Cover the casserole and bake in a moderately hot oven (400° F.) for 30 minutes. Then remove the cover of the casserole and bake 45 minutes longer, or until the potatoes are tender and a golden brown crust has formed on top. Serves 6. To serve 2 or 3, make half this recipe.

POTATOES IN THEIR JACKETS

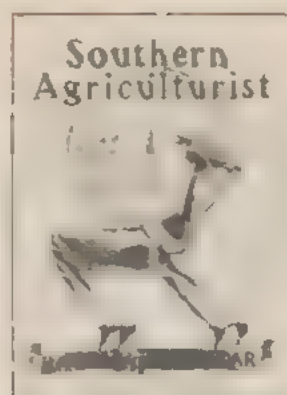
9 medium Maine potatoes	4 tablespoons melted butter or margarine
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Scrub the potatoes well, then pare off a strip about ½ inch wide around the center of each, or simply prick with a fork. Cook in boiling salted water to cover, in a covered saucepan, until tender—about 25 minutes. Drain, remove the skins or not as preferred, then place uncovered over low heat to dry out and make mealy. Serve with melted butter poured over them. Or to give a different touch, add a sprinkle of chopped parsley, or chives. Serves 6.



Geneva White Flanery, Editor of Woman's Department, Southern Agriculturist, a monthly farm publication, covering the fourteen Southern states from Virginia to Texas.

Geneva White Flanery
recommends . . .



DUCHESS POTATOES

Duchess potatoes may be served when you want to "dress up" the meal a bit. Combine $\frac{1}{3}$ cup of milk and 2 tablespoons butter. Heat until the butter melts. Add this to 2 cups hot riced Maine potatoes seasoned with 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper and one egg yolk. Beat well. Shape in form of nests, using pastry tube. Brush over with beaten egg white. Brown in hot oven. Remove to hot platter with a spatula and fill with seasoned hot green peas.

POTATO SALAD WITH TOMATO GARNISH

6 Maine potatoes, boiled
2 tablespoons of onion,
chopped
2 tablespoons celery,
diced

1 teaspoon salt
2 tablespoons ketchup
1 green pepper, sliced
 $\frac{1}{2}$ cup mayonnaise
3 tomatoes

Have potatoes boiled and hot. Combine onion, celery (cucumber may be substituted), green pepper, salt and ketchup. Then add the mayonnaise. Combine potatoes with other ingredients. Cover salad. Place in refrigerator. Serve on lettuce. Garnish with fresh tomatoes. Yield: 4 to 6 portions.

POTATO CROQUETTES

2 cups hot riced
Maine potatoes
2 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

$\frac{1}{4}$ teaspoon celery salt
Few grains cayenne
Few drops onion juice
Yolk 1 egg
1 teaspoon finely chopped parsley

Mix ingredients in order given, and beat thoroughly, shape, dip in crumbs, egg and crumbs again, fry one minute in deep fat (365° to 380° F.), and drain on brown paper. Croquettes are shaped in a variety of forms. The most common way is first to form a smooth ball by rolling one rounding tablespoon of mixture between hands. Then roll on a board until of desired length and flatten ends. Yield: 6 to 8 portions. (Illustrated on opposite page.)







Mrs. Christine Frederick, contributor to the Child's Cooking Page of St. Nicholas Magazine. Consumer Consultant; Director House-keeping Experiment Station, Greenlawn, L. I. Newspaper syndicate writer, author, lecturer.

**Mrs. Christine Frederick
recommends . . .**



SUPREME STUFFED POTATOES

4-6 Maine baking
potatoes

½ cup grated cheese
2 tablespoons butter
1 teaspoon parsley,
minced

¼ cup celery,
finely minced

¼ cup blanched almonds,
chopped
1 cup thick white sauce
Salt, pepper, paprika

Bake potatoes in hot oven (400° F.) 1 hour or until mealy. Split, and remove pulp. Combine with all other ingredients and mix thoroughly. Pile mixture into shells and bake 5 minutes longer to reheat and brown lightly. Thin strip of bacon may be added to top, if desired. Yield: 4 to 6 portions.

POTATOES NORWEGIAN

4-6 Maine baking potatoes
3 tablespoons melted butter

Salt, pepper
1 can Norwegian sardines

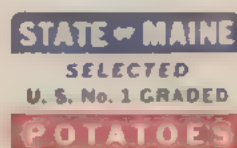
Bake potatoes in hot oven (400° F.) 1 hour or until mealy. Split, and remove pulp. Combine with butter and seasonings. Pile back into shells and place 2 sardines on top of each. Return to oven to grill fish. Yield: 4 to 6 portions.

BOHEMIAN POTATO ROLL

4 cups cold Maine potatoes,
mashed
9 tablespoons farina
9 tablespoons flour

2 eggs, well beaten
1 teaspoon salt
Onions
Butter

Combine potatoes, farina, flour, eggs and salt, and knead on a board. Shape into four or five elongated rolls and cook in salted water 15 minutes. When done, cut with thread into slices. Serve with fried onions and plenty of butter. Sauerkraut is also a perfect accompaniment to this tasty dish. Serves 8-10.





Lettie Gay, Food Editor of Parents' Magazine. Trained as a dietitian, mother of two children, she uses scientific as well as practical knowledge in planning menus and recipes, all tested in her home kitchen laboratory.

Lettie Gay
recommends . . .



FRIED POTATOES, FARM STYLE

Pare and cut in thin slices Maine potatoes to make a quart. Place in frying pan with two tablespoonfuls of savory meat drippings and enough cold water barely to cover the bottom; sprinkle over a teaspoonful of salt and, if desired, add a tablespoonful minced onion, cover closely, and cook ten to fifteen minutes. The steam from the water will practically cook the potatoes. When they begin to brown on the bottom, they should be turned occasionally with a pancake turner to brown more evenly. Yield: 6 portions.

SHRIMP AND POTATO PUDDING

4 cups fluffy mashed
Maine potatoes
1 cup finely minced celery
1 pound cooked shrimp,
coarsely chopped

1 egg, beaten
 $\frac{1}{2}$ cup finely minced parsley
2 tablespoons scraped
onion juice
Salt and pepper to taste

Combine the ingredients in the order given. Transfer to a baking dish rubbed with butter or margarine; bake about 35 minutes in a moderately hot oven (350-375° F.). Yield: 6 portions.

HEAVENLY POTATO NOODLES

Two cups of mashed Maine potatoes. One scant cup of stale bread crumbs, browned in oven and fried in tablespoon butter. Mix potato and crumbs, add salt, pepper and mace (optional). Add yolk of one egg and mix. Then fold in stiffly beaten egg white and stir till light. Form into marble-like balls, drop into deep hot fat (385° F.) and fry until brown. They glorify the plainest dinner.

Store your potatoes in a cool, well-ventilated place. They must not freeze; but warm, moist air causes them to sprout, and grow soft.

Dissolve two bouillon cubes in white sauce when creaming potatoes if you would like to obtain quite a different and very delicious flavor.



The Pittsburgh Press

Josephine Gibson, Home Economics Editor of the Pittsburgh Press. For 10 years, Director of the Home Economics Department of H. J. Heinz Company; for six years on the radio program, "Hostess Talks."

Josephine Gibson recommends . . .

PITTSBURGH POTATOES

4 cups diced, uncooked Maine potatoes	2 cups medium white sauce
1 small onion, minced	1 cup grated American cheese
1 teaspoon salt	½ cup cracker crumbs
2 pimientos, cut in strips	2 teaspoons butter

Place potatoes in kettle with onion and salt, cover with boiling water and boil for 5 minutes. Drain and add pimiento strips. Place in a greased baking dish. Prepare white sauce by melting 4 tablespoons butter, blending in 4 tablespoons flour and adding 2 cups milk. Stir constantly until a smooth, thickened sauce is formed. Season with salt and pepper and add cheese. Pour over potatoes in baking dish. Sprinkle with cracker crumbs and dot with butter. Bake in a moderate oven of 350° F. until browned, 20 to 25 minutes. Serves 6.

BELGIAN BAKED POTATOES

6 medium Maine potatoes
Melted butter, salt and pepper

Pare potatoes and cut into strips a little smaller than for French frying. Soak for half an hour in cold water and dry thoroughly. Place in a shallow baking pan, brush generously with melted butter and bake in a moderately hot oven of 425° F., until well browned on all sides. Turn frequently during the baking, that browning may be even. Add a little melted butter, if needed, during baking. When done, sprinkle well with salt. Potatoes prepared in this manner are delicious and similar to French Fried potatoes. Yield: 6 portions.

POTATO SALAD WITH SLICED FRANKFURTERS

5 medium-sized cold cooked Maine potatoes, diced	1 cucumber, diced	3 frankfurters
	1 tomato, diced	Mayonnaise
	¼ cup dill pickle, chopped	1 teaspoon prepared mustard
	1 tablespoon minced onion	1 teaspoon salt

Combine potatoes, cucumber, tomato, pickle and onion. Add frankfurters which have been cooked in boiling water, cooled, peeled and sliced. Moisten with mayonnaise combined with mustard and salt. This is a substantial, main-dish salad, excellent for picnics or porch suppers. Yield: 4 to 6 portions.





Marjorie Griffin, Foods Editor of Successful Farming, monthly magazine of farm business and farm homes. Member of the American Home Economics Association.

Marjorie Griffin
recommends . . .



OYSTER PIE

3 tablespoons flour	Salt and pepper
2 tablespoons butter	2 cups whipped Maine
1 cup milk, scalded	potatoes
1 pint oysters	1 egg white, slightly beaten

Blend flour and butter in double boiler; add milk and cook until thickened. Add oysters (with liquor), salt, pepper, and cook until oysters curl at edges. Pour into greased shallow baking dish. Top with whipped potatoes, brush with egg white, and sprinkle with paprika. Bake in moderate oven (350° F.) 20 minutes or until golden brown. Serve hot garnished with bits of parsley. Serves 6 to 8.

POTATOES BAKED WITH SAUSAGE

Select 6 medium-large Maine potatoes of uniform size. Wash and pare. With an apple corer make a cavity lengthwise through the center of each potato. Insert a small link sausage in the cavity or stuff with the loose sausage. Arrange the potatoes in a baking dish, dot with butter, sprinkle with salt and pepper, and add just enough water to cover the bottom of the dish well. Cover closely and bake in a medium-hot oven (375° F.) until potatoes are well done. The lid may be removed the latter part of the cooking period and the potatoes allowed to brown slightly. Yield: 6 portions.

QUEEN OF HEARTS POTATOES

2 egg yolks, well beaten	2 egg whites,
1 quart seasoned mashed	stiffly beaten
Maine potatoes	Pimiento

Add egg yolks to mashed potatoes and beat until light and fluffy. Drop from tablespoon on greased baking sheet, top with egg whites, sprinkle with paprika and top with a tiny pimiento heart. Bake in hot oven (400° F.) until delicately browned. Serves 8.



EVENING PUBLIC LEDGER

Harriet Heath, Food Editor of the Philadelphia Evening Ledger. Performs radio broadcasts and weekly food demonstrations. For three years did Government extension work at the University of Illinois.

Harriet Heath recommends . . .

BEEF ROLL WITH POTATO STUFFING

2 pounds ground cooked beef	1 egg, slightly beaten
1 tablespoonful minced onion	Salt and pepper
2 tablespoonfuls Worcestershire Sauce	3 cupfuls mashed Maine potatoes
	Bacon strips

Add seasonings and egg to beef. Spread on wax paper or breadboard and pat out to about one-third inch thickness. Form mashed potatoes into roll and wrap meat around the roll, overlapping edges, and press firmly. Strip with bacon and bake in a moderate oven (350° F.) 35 to 40 minutes. Yield: 6 portions.

MEAT PIE WITH MASHED POTATO CRUST

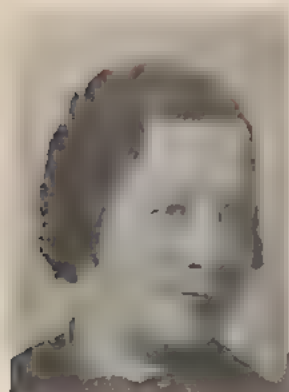
2 cupfuls diced cooked meat	1 ½ cupfuls meat gravy or medium cream sauce
1 cupful diced carrots	Salt and pepper
12 small onions	2 cupfuls mashed Maine potatoes
½ cupful diced celery	
1 tablespoonful minced parsley	

Combine meat, vegetables, gravy or cream sauce and seasonings to taste. Turn into greased baking dish and spread top with mashed potatoes. Bake in a moderate oven (350° F.) 30 to 40 minutes. Yield: 6 portions.

POTATO PUFFS WITH CARROTS AND PEAS

6 Maine potatoes	Top milk or cream
Salt and pepper	2 cupfuls cooked peas
Butter	2 cupfuls diced cooked carrots

Boil potatoes, put through ricer or mash. Season with salt, pepper and butter, and add sufficient milk or cream to moisten. Beat until smooth and arrange in rounds or nests on buttered baking sheet. Brown slightly in oven, remove to serving plate and fill with buttered peas and carrots. Yield: 6 portions.



Helen Homer, Director of the Better Foods and Equipment Department of Better Homes & Gardens and in charge of the famous Tasting-Test Kitchen.



Helen Homer
recommends . . .

**POTATO
CARROT WHEEL**

5 medium new
Maine potatoes
Crushed corn flakes

5 small carrots
8 small onions
4 tablespoons salad oil

Roll potatoes in corn flakes. Brush vegetables with additional salad oil. Radiate carrots from center of round baking dish. Place 3 onions in the center of carrot wheel. Alternate potatoes and onions around edge of dish. Season with salt and pepper. Sprinkle with salad oil. Do not add water. Cover and bake in moderate oven (350° F.) 1 hour. Remove cover during last 30 minutes.

**OVEN FRIED
POTATOES**

Cut 6 Maine potatoes as for French fries. Soak in ice water 1 hour or longer, drain. Arrange potatoes in pan greased with 1 tablespoon salad oil. Sprinkle 2 tablespoons salad oil over potatoes. Bake in hot oven (450° to 500° F.) 30 minutes or until golden brown. Remove and salt. Yield: 6 portions.

**HASTY BAKED
POTATOES**

Halve Maine baking potatoes lengthwise, brush with melted fat; place in pan, cut-side down. Bake in hot oven (450° F.) 30 minutes. Rough centers with fork and top with butter.

. . .

To let the steam escape and thus prevent soggyiness developing, cut a cross on one side of the baked potato as soon as you get it out of the oven. Pick it up in a cloth and squeeze it a bit to loosen up the "innards," thus making a little of it bulge into that cross-cut slash.

. . .

As soon as boiled potatoes are done, take them from the water and remove the skins. They'll get waterlogged if you leave them in the water and will be less flaky when mashed if you delay removing the skins.





Esther Kimmel, Food and Home Management Editor of Pictorial Review combined with Delineator, a national monthly magazine read by more than 3,000,000 women.

Esther Kimmel
recommends...



GERMAN-FRIED POTATOES

Pare and slice 5 medium-sized Maine potatoes. Heat 4 to 6 tablespoons of fat in a heavy frying pan, add the raw potatoes; season with salt and pepper. Cook slowly until brown, stirring occasionally. Cover for 3 or 4 minutes during latter part of cooking to make certain they will be cooked through. Some of the potatoes will be brown and crisp, somewhat on the order of chips—but what flavor! Two thinly sliced onions may be added along with the potatoes if desired. This makes 6 to 8 servings.

RICH POTATO SALAD

4 cups hot cooked diced Maine potatoes	2 medium tomatoes, diced
2 tablespoons chopped onion	1 medium cucumber, diced
6 tablespoons French dressing	1 green pepper, chopped
2 teaspoons salt	1/3 cup mayonnaise or salad dressing

Combine hot potatoes with the onion, French dressing and salt, mix carefully to prevent mashing potatoes. Allow to cool; combine with vegetables and mayonnaise. This makes 8 servings.

FRENCH-FRIED POTATOES

FOR VEGETABLE PLATE

Wash and pare 8 small potatoes, cut in eighths lengthwise and soak one hour in cold water. Take from water, dry between towels and fry, a few at a time, in deep fat (385° F.)

until potatoes float on fat and are golden brown. Drain on brown paper and sprinkle with salt. Bring temperature up to 385° F. between each frying, but take care not to have fat too hot, as potatoes must be cooked as well as browned. Yield: 6 portions. (Illustrated on opposite page.)

. . .

If dinner is delayed, remove the baked potato from its skin, and mash with cream or butter; then pile it back into the skin and re-heat.







Caroline B. King, Women's Editor of Country Gentleman. For many years, contributor to women's magazines. Appointed U. S. Army Dietitian by Surgeon General Gorgas.

Caroline B. King
recommends . . .



**GOLDEN
POTATOES**

Boil and mash enough **Maine** potatoes to make 2 cupfuls. Mash thoroughly and add 1 teaspoon salt, dash white pepper, $\frac{1}{3}$ cup hot milk, whip till very light, folding in 2 tablespoons melted butter.

Finally, whip in the beaten yolks of two eggs. Pile irregularly in a serving dish, sprinkle lightly with paprika and place in a hot oven until the peaks of the mashed potatoes become a nice brown.

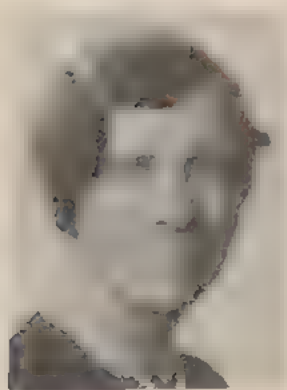
Golden potatoes make a nice border for creamed meat, fish or other vegetable. To prepare them in this way invert a round bowl in the center of a platter and shape the potatoes around it, remove bowl and brown the ring for a few moments, then fill with the meat or fish and serve. Yield: 4 to 6 portions.

**POTATOES IN
PARSLEY BUTTER**

Pare and cut 6 **Maine** potatoes into balls or cubes. Boil in salted water ten minutes. Drain and barely cover with milk, cook slowly till milk has been absorbed. Cream two tablespoons butter with 1 tablespoon lemon juice and 1 tablespoon finely chopped parsley, season with salt and paprika, add to the potatoes and toss lightly until all are well covered with the sauce. Yield: 6 portions.

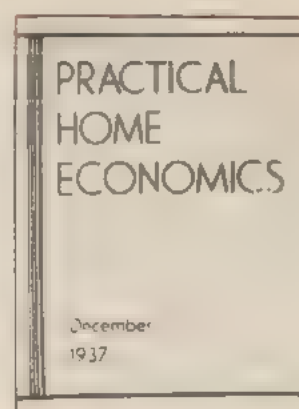
CURATES PUDDING
(AN OLD-TIME
ENGLISH DISH)

Pare, boil and mash thoroughly enough **Maine** potatoes to make one full cup; beat until no lumps remain, then add $\frac{1}{2}$ cup rich milk or cream, $\frac{1}{2}$ teaspoon salt, 1 tablespoon melted butter and the yolks of 2 eggs slightly beaten. Whip the potatoes to a velvety smoothness, then fold in the stiffly beaten whites and a tablespoon lemon juice with a teaspoonful of grated rind. Turn into a greased pudding or soufflé dish, scatter grated cheese over the top and bake about 20 minutes in a moderately hot oven. Serve with roast beef or chicken. Yield: 4 to 6 portions.



Jessie A. Knox, Editor of Practical Home Economics, a national monthly magazine for home economics teachers. Also Editor of Our Family Food, a widely syndicated newspaper food service.

Jessie A. Knox
recommends...



POTATO OMELET

2 cups finely diced raw State
of Maine potatoes
 $\frac{1}{2}$ teaspoon salt
2 tablespoons chopped
onion

3 tablespoons butter
5 eggs
3 tablespoons thin cream
 $\frac{1}{2}$ teaspoon salt
Pepper to season

Melt the 3 tablespoons butter in a heavy frying pan, add the potatoes, salt and onion. Cover the pan and cook slowly for about 10 minutes or until the potatoes are brown underneath and tender. Beat the eggs lightly with a fork, add the cream, salt and pepper. Pour the eggs over the browned potatoes, cover the pan and cook slowly again for 5 to 8 minutes, or until the omelet is firm. Fold over and turn out on a platter. Garnish with parsley and serve at once. Yield: 6 portions.

POTATOES MAITRE D'HOTEL

Peel and cook six medium-sized Maine potatoes in boiling salted water for 20 minutes, or until tender.

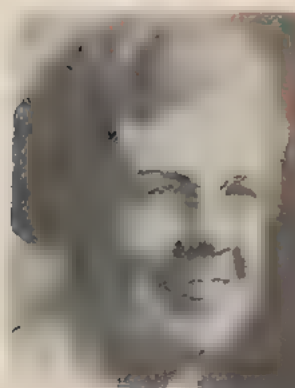
Melt $\frac{1}{4}$ cup butter in a small saucepan, add $\frac{1}{4}$ teaspoon paprika, $\frac{1}{2}$ teaspoon salt, a dash of pepper, $\frac{1}{4}$ cup minced parsley and 1 tablespoon lemon juice. When the potatoes are done, drain them, pour the sauce over them and shake or turn carefully with a spoon until coated with sauce. Serve as soon as possible. Yield: 6 portions.

CREAMED POTATOES COUNTRY STYLE

Cut cold boiled Maine potatoes in small dice to make 3 cupfuls. Put in a heavy frying pan and add milk to cover them. Sprinkle with $\frac{3}{4}$ teaspoon salt and 2 tablespoons flour. Add 2 tablespoons butter and stir lightly to mix. Cook slowly until thickened and creamy, stirring two or three times. Just before serving, sprinkle with a tablespoon of chopped chives or young spring onions. Yield: 6 portions.

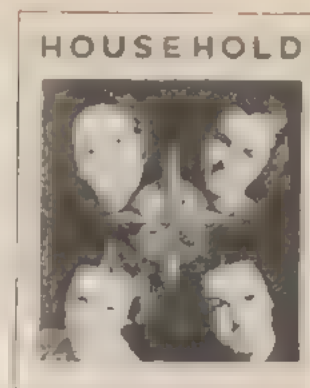
Potatoes are the only vegetable which can be served every day without danger of monotony, due to their bland flavor and agreeable texture.





Mrs. Ida Migliario, Editor of The Household Magazine, the home-making aid of 1,800,000 women living in the small towns of America. The Household Searchlight is the name of the testing service conducted by this publication.

Mrs. Ida Migliario
recommends...



ESCALLOPED POTATOES AND SPINACH

3 cups Maine potatoes, sliced

2½ cups uncooked spinach,
shredded
2 tablespoons melted
shortening

1 tablespoon flour
1 cup milk
1 teaspoon salt
1 lb. pork sausage

Place alternate layers of potatoes and spinach in well-oiled casserole. Combine shortening and flour. Mix thoroughly. Add milk gradually. Cook 5 minutes, stirring constantly. Add salt. Pour sauce over potatoes and spinach. Shape sausage in balls. Place over potatoes. Bake in moderate oven (350° F.) about 1½ hours. Yield: 6 portions.

INDIVIDUAL BEEF HASH

1 cup chopped cooked beef
1 cup chopped cooked
Maine potatoes
2 tablespoons minced onion

¼ cup beef broth
6 eggs
1 teaspoon salt
Few grains pepper

Combine beef, potatoes, onion, seasonings, and broth. Mix thoroughly. Fill well-oiled muffin tins ⅔ full. Set in pan warm water. Bake in moderate oven (375° F.) about 30 minutes. Remove from oven. Break an egg over each portion and season well. Return to oven for 10 minutes, or until eggs are set. 6 portions.

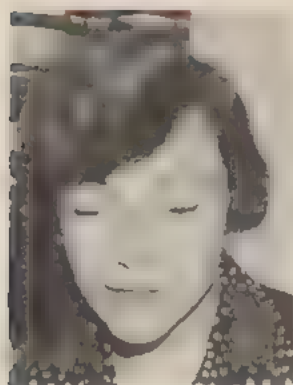
POTATO PIE AND CHICKEN

1 five-pound chicken
Salt and pepper
3 cups cooked diced potatoes
Chicken stock
3 cups flour

4 teaspoons baking powder
1½ teaspoons salt
1 cup cold mashed potatoes
¾ cup shortening
¾ cup milk

Cut chicken in pieces suitable for serving. Cover with boiling water. Season well. Cover. Simmer until tender. Remove meat from bones. Place in baking dish. Add diced potatoes. Cover with slightly thickened chicken stock. Season to taste. Sift flour, measure, and sift with baking powder and salt. Add mashed potatoes. Mix thoroughly. Cut in shortening with 2 spatulas. Add milk to form a soft dough. Turn on to lightly floured board. Roll in sheet ¾ inch thick. Cut with small floured cutter. Arrange on top of chicken mixture. Bake in hot oven (425° F.) 15 to 20 minutes. (Illustrated on opposite page.)





THE BOSTON HERALD

Marjorie Mills, Domestic Science Editor of the Boston Herald and the Boston Traveler. Food expert and radio commentator. Widely known as "The Girl From Maine" on radio for State of Maine Foods.

Marjorie Mills recommends . . .

FISH

CHOWDER

6 pounds cod or haddock
2 cups cold water
1 ½ inch cube fat salt pork
1 onion, sliced
4 cups Maine potatoes

2 cups boiling water
4 cups scalded milk
Salt and pepper
3 tablespoons butter
8 common crackers, split

Buy the whole cod or haddock, cleaned. Remove the head and tail. Add the cold water and boil for 20 minutes. Fry out the fat salt pork and add the onion and cook until tender. Add the potatoes, cut in ¾ inch cubes and the 2 cups boiling water. Cook for 5 minutes and add the liquor drained from the cooked fish. Pick apart the fish, removing skin and bones and add the fish to the mixture. Simmer for 10 minutes and add the scalded milk. Season to taste with salt and pepper. Before serving, add the butter and the common crackers, split. If made about one hour before serving, the flavor is better. Serves 8-10.

PROVINCIAL POTATOES

Wash and boil in their skins 3 pounds of new Maine potatoes. Put ¼ cup of butter in a saucepan. Cut it up and pour over it 2 tablespoons of olive oil, and grate into this the rind of half a lemon. Add some chopped parsley and some chopped chives, a little freshly grated nutmeg, a pinch of flour, and some salt and pepper. When the potatoes are cooked, peel and cut into quarters or eighths and put them into the butter mixture. Heat, but don't let the butter boil. When ready to serve, add the juice of 1 lemon. Serves 8.

STUFFED BAKED POTATOES

9 baked Maine potatoes, ½ cup minced onion, 3 tablespoons creamery butter, 3 cups minced cooked ham, tablespoon minced parsley, ¼ teaspoon paprika, ½ cup well seasoned thick white sauce, 6 thin slices American cheese. Scrub the potatoes and bake for 1 hour or until tender. Sauté the onion in butter until soft. Add with ham, parsley and paprika to the white sauce. Cut a slice off the top of potato lengthwise and scoop out contents, leaving about one-quarter inch of potato in shell. Prepare as mashed potatoes. Fill the shells at least half full with the ham mixture. Pile the mashed potatoes on top, but don't pack them down. Cover with cheese and bake until cheese melts and stuffing is heated through. Serves 9. (Illustrated on front cover)



Ellen Pennell, Managing Editor of the Country Home Magazine. Active member of American Dietetics Association and American Home Economics Association. Formerly Household Editor of Successful Farming. Author, lecturer.

Ellen Pennell
recommends...



POTATO AND CORN CHOWDER

3 tablespoons chopped bacon
4 tablespoons chopped onion
2 cups diced raw Maine potatoes
2 cups water
3 tablespoons butter
2 tablespoons flour

1 1/2 teaspoons salt
1/4 teaspoon pepper
4 cups milk
2 cups grated carrot
2 cups canned corn
1/2 teaspoon paprika

Brown bacon and onion in frying pan. Add potato and water and cook until potatoes are tender (about 20 minutes). Melt butter in saucepan over low heat, add flour and seasoning, mixing well. Add milk and cook until slightly thickened. Add corn, carrot and potato mixture. Heat and serve. 4 to 6 portions.

BAKED POTATOES AND CARROTS

2 medium-size
Maine potatoes
2 medium-size
carrots
1/2 cupful of
ground cooked ham

1 tablespoon
green pepper
1 teaspoon
minced onion
2 cupfuls
thin white sauce

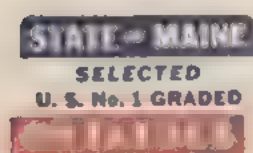
Pare potatoes and scrape carrots. Cut into small discs. Mix with ham, pepper, onion and white sauce. Season to taste with salt and pepper. Pour into shallow baking pan and cover with grated cheese. Bake in moderate oven (350° F.) for 1 1/4 hours. Add milk if moisture is needed. Yield: 4 portions.

PLAIN STUFFED BAKED POTATOES

6 large baked
Maine potatoes
1/3 to 1/2 cup hot milk

1 1/2 teaspoons salt
1/8 teaspoon pepper
4 tablespoons butter

Cut the hot potatoes in halves lengthwise or cut off their tops lengthwise. Scoop out the centers, mash or put through the ricer. Add hot milk, the exact amount depending on the size of the potatoes, and beat until smooth. Stir in the seasonings and butter. Beat until very light. Refill shells, brush with melted butter and return to moderately hot oven (375° to 400° F.) until brown.





Anne Pierce, Editor Food Department, Home Arts Magazine. Former Editor U. S. Bureau of Chemistry; later, Associate Editor of the Bureau of Food, Sanitation and Health of Good Housekeeping Magazine.

Anne Pierce
recommends...



CHEESE POTATO SOUFFLÉ

2 cups mashed	$\frac{1}{2}$ teaspoon salt
Maine potato	$\frac{1}{8}$ teaspoon white pepper
3 eggs, separated	$\frac{3}{4}$ cup grated cheese

Combine hot mashed potato, well beaten egg yolks and seasonings, add $\frac{1}{2}$ cup grated cheese and last fold in lightly the stiffly beaten egg whites. Place in a greased pan and sprinkle remaining cheese over the top. Bake in a moderate oven (375° F.) in a baking dish in a pan containing an inch of hot water, 25 to 30 minutes. Serve at once. Yield: 6 portions.

BAKED POTATOES CREAMED

Bake four large Maine potatoes the day before you wish to use them or several hours in advance. Rub the skins off and leave the brown inside layer, where much food value and flavor resides.

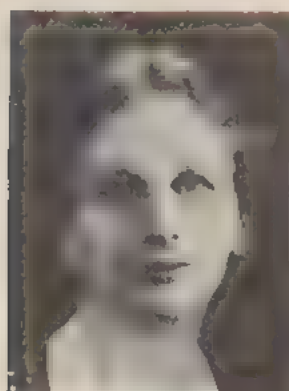
Dice coarsely and heat in two tablespoons of butter. Add a half cup milk and a half cup cream and simmer gently in a shallow pan until the milk and cream are almost absorbed. Stir lightly with a fork from time to time but do not mash the potatoes. Season with one teaspoon salt and a quarter teaspoon white pepper.

You may use a cup of top milk, omitting the cream, with an additional tablespoon of butter. Garnish with paprika. Yield: 4 to 6 portions.

POTAGE VICHYSOISE

4 large Maine potatoes	$\frac{1}{4}$ teaspoon white pepper
3 leeks	2 cups milk
2 cups chicken stock	1 cup cream
1 tablespoon butter	4 tablespoons chopped chives
2 teaspoons salt	$\frac{1}{2}$ teaspoon paprika

Peel and dice potatoes and cook with diced leeks (using green tops also) in the stock until very soft (about 20 minutes). Put through a fine strainer. To this puree add butter, seasonings, milk and cream, and reheat. Serve cold or hot with minced chives on top and a garnish of paprika. If served cold, more milk or cream may need to be added on serving. Two medium white onions may be used instead of leeks. Yield: 6 bowls or 8-10 cups.



Mary R. Reynolds, Associate Editor of Farm Journal, a national monthly magazine for farm and home, reaching more than 1,300,000 farm homes.

Mary R. Reynolds
recommends...



CHOCOLATE POTATO CAKE

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon cinnamon
2 eggs, well beaten	$\frac{1}{2}$ teaspoon clove
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup hot, riced Maine potatoes	$\frac{1}{2}$ cup grated chocolate
1 cup flour	$\frac{1}{2}$ cup chopped nut meats

Cream butter and add sugar gradually, while beating constantly; then add eggs, milk and potatoes. Beat thoroughly and add flour, mixed and sifted with baking powder, spices, chocolate and nut meats. Turn into buttered and floured cake pan (8"x8"x2") and bake 55 minutes in moderate oven (350° F.). Remove from pan and ice.

POTATO MUFFINS

4 tablespoons fat	1 cup milk
2 tablespoons sugar	2 cups sifted flour
1 egg	3 teaspoons baking powder
1 cup mashed Maine potato	$\frac{1}{2}$ teaspoon salt

Cream fat and sugar. Add egg, well beaten, then potato. Mix thoroughly. Sift flour, baking powder and salt. Add milk and flour and beat until smooth. Bake in greased muffin tins 25 to 30 minutes. Yield: 1 dozen medium-sized muffins.

POTATO BREAD

$\frac{1}{3}$ cup hot water or milk	3 cups mashed Maine potatoes
2 teaspoons salt	$\frac{1}{2}$ cake compressed yeast
2 teaspoons fat	$\frac{1}{4}$ cup lukewarm water
2 teaspoons sugar	6 cups sifted flour

Put hot water, salt, fat and sugar in bowl, add mashed potatoes, mix well. Soften the yeast in lukewarm water ($\frac{1}{4}$ cup), and add to the potatoes. Add one cup of flour and knead in thoroughly, then add the second cup, kneading thoroughly, then the remaining cups. This dough will seem very stiff and difficult to knead, but all the flour must be added or the dough will be very soft at the second kneading. Let rise until double its bulk (about 3 hours). Knead slightly and shape into loaves. Let rise until double its bulk and bake in a moderate oven (375° F.) 60 minutes. This makes 2 loaves.





CLEVELAND PLAIN DEALER

Helen Robertson, Home Economics Editor of the Cleveland Plain Dealer, President of the Cleveland Home Economics Association; author of "Merry Mixer Cook Book."

Helen Robertson recommends . . .

POTATOES AND MUSHROOMS IN CREAM

Pare and cut in eight-inch slices four or five large Maine potatoes. Wash and cut in slices one-half pound mushrooms. Sauté mushrooms in three tablespoons butter for three minutes.

Make a thin cream sauce by melting three tablespoons butter, blending in three tablespoons flour, adding one cup milk gradually and one-half cup light cream, stirring the latter slowly in also. Cook, stirring constantly, until thickened somewhat and smooth. Season well with salt and pepper, using between a half and three-quarters teaspoon salt and a dash of pepper.

In a greased baking dish or casserole, put first a layer of potatoes, sprinkle mushrooms over them, moisten with sauce. Continue alternating layers of potatoes, mushrooms and cream sauce until all have been used. There should be enough cream sauce to come up to the last layer of potatoes.

Bake in a moderate oven (350° F.), covering the pan for the first ten minutes; then remove cover and bake until potatoes are tender, from 30 to 40 minutes. Grated cheese may be sprinkled over the top just before removing from the oven, and baking continued until cheese is browned. Yield: 6 portions.

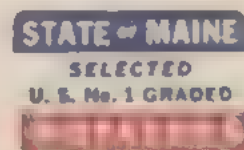
BAKED POTATOES AND CREAMED CHIPPED BEEF

Bake 6 large Maine potatoes. When done, make cross cuts in the top of each. Open potato partially. Sprinkle mealy portion

lightly with salt and insert a square of butter. Fill center with piping hot creamed chipped beef. Serve immediately. Splendid for Junior's or sister's lunch. Yield: 6 portions.

POTATO BALLS WITH ALMONDS

Mash Maine potatoes, add butter, and hot milk to fairly soft but not too soft consistency. Whip until light and season well. Add one egg for every four or five potatoes. Mix it in well. Drop rough balls from the top of a spoon into a well greased baking sheet or pan. Sprinkle tops generously with julienne strips of blanched almonds. Bake in a hot oven (400° F.) until heated through and lightly browned. Serve immediately.





The Detroit Free Press

Marion F. Sawyer, Director of the Institute of Home Economics of the Detroit Free Press for the past four years. The Free Press is widely known as Michigan's greatest newspaper.

Marion F. Sawyer recommends . . .

BAKED EGGS WITH PIMIENTO POTATOES

1 ½ cups hot mashed Maine potatoes, seasoned to taste with salt, pepper, butter and milk	1 canned pimiento forced through strainer 4 eggs
--	--

Beat potato and pimiento vigorously until thoroughly mixed. (If you have an electric mixer you may simply chop the pimiento, add it to the potato and then whip them together with the mixer at high speed.) Pile potatoes evenly on a buttered baking dish or in a casserole and make four depressions in the top. Into each depression slip a raw egg and bake in moderate oven (375° F.) 10 minutes or until eggs are set. Yield: 4 portions.

POTATOES STUFFED WITH PEANUT BUTTER

Rub skins of 6 Maine potatoes with softened fat and bake as usual. When done, remove from oven and cut a lengthwise slice from the top of each potato. Scoop out the potato with a spoon, being careful not to break the skins. Mash the potato and season well with salt, pepper, butter and milk, and add one teaspoon of peanut butter for each potato. Mix until light, then refill shells. Sprinkle grated cheese or crisp diced bacon over top and put back in oven to reheat and brown. 6 portions.

POTATOES GRUYÈRE

Cook four medium-sized Maine potatoes in boiling, salted water until they are two-thirds done. Drain, cool slightly and cut in thin slices. Place on a buttered, circular pie pan overlapping each other. Sprinkle each layer with a little salt, pepper and grated Swiss cheese. Add one tablespoon butter, melted just enough to pour. Cover the top layer with the grated cheese and dot with bits of butter. Bake in a moderate oven for thirty minutes. Serve very hot. Yield: 6 portions.



The Philadelphia Inquirer

Anna B. Scott, Food Economist and Cooking Expert of The Philadelphia, Pa., Inquirer. Formerly associated with the Philadelphia North American for 17 years; started Y.W.C.A. cooking classes in Kensington, Pa., in 1908; in public work for 30 years.

Anna B. Scott recommends . . .

ANNA POTATOES

8 cooked Maine potatoes, cold	2 tablespoons bread crumbs
2 tablespoons grated	1 tablespoon butter
American cheese	Paprika, if desired

Cut cold potatoes into thin round slices, place them in a dish, sprinkle with grated cheese and fresh bread crumbs, spread well over them a piece of butter about the size of a nut, then place the dish in the oven. After ten minutes, when a golden brown, serve. This can be made in as many layers as desired. Paprika, if desired, adds flavor. Yield: 6 portions.

PARSLEY POTATO BALLS

Select 4 large Maine potatoes, wash, pare and soak. Shape in balls with a French vegetable cutter. Cook in boiling water until soft; drain, and to one pint potatoes add one cup thin white sauce. Turn into hot dish, and sprinkle with finely chopped parsley. Yield: 4 to 6 portions.

MAINE POTATO SUPPER SALAD

Slice or dice 8 cold-boiled Maine potatoes and add a chopped onion. Toss in salad bowl and add any good sour dressing; let stand in cool place two hours. Serve on lettuce with hard-cooked eggs and new beets for garnish. Yield 6 portions. (Illustrated on opposite page.)

. . .

Cooking in the skin—whether in baking, boiling or steaming—conserves the maximum of a potato's food value and improves the flavor.

. . .

Few cooks realize that the important thing in preparing mashed potatoes is to mash them the minute they are done; a ricer should be used to be certain that no lumps remain. Use as much cream or hot milk as possible, salt to suit your taste, and then give them a good beating. After they are so prepared, they will stand a long time unharmed.







Louisa P. Skilton, Household Editor of American Cookery Magazine, formerly The Boston Cooking School Magazine.

Louisa P. Skilton
recommends...



CREAMED NEW POTATOES

12 small new Maine potatoes	$\frac{1}{2}$ teaspoon salt
Boiling water	Pepper
3 tablespoons butter or	$1\frac{1}{2}$ cups milk
margarine	1 teaspoon grated
$1\frac{1}{2}$ tablespoons flour	onion

Wash potatoes and cook until tender in boiling water. Peel. Melt butter or margarine over low heat. Remove from heat, add flour, seasonings and milk and stir until smooth. Return to heat and cook until thickened, stirring to prevent sticking. Season with grated onion, add cooked peas and pour over hot cooked new potatoes. Serve immediately. This makes 6 servings.

POTATO SALAD GERMAN STYLE

Season well 1 quart cooked, diced Maine potatoes with salt and pepper. Fry crisp about 8 slices lean bacon. Drain and chop. Mince 3 tablespoons parsley, 2 tablespoons onion. Add parsley, onion and chopped bacon to potatoes and toss lightly together. Drain off all but about 4 tablespoons of bacon fat and add to it $\frac{1}{4}$ cup vinegar and $\frac{1}{4}$ cup water. Sweeten to taste or vary strength of vinegar to taste. Bring to boil and pour over potatoes. Let stand about 2 hours.

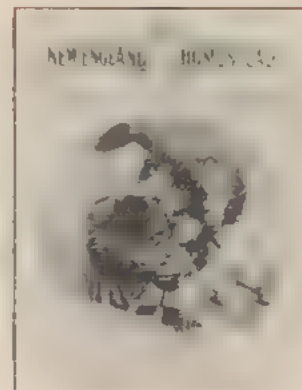
SCALLOPED POTATOES WALLACE

Select a slice of ham that weighs one pound and one-half. Trim and place in the bottom of a well oiled glass baking dish. Sprinkle the top with one teaspoonful of dry mustard mixed with three tablespoonfuls of brown sugar and cover with scalloped potatoes. For these, pare and slice thin four medium-sized Maine potatoes. Allow two tablespoonfuls of butter, one tablespoon of minced onion and about two cups of milk. Arrange one-half the potatoes in a layer over the ham, dot with butter, sprinkle with salt and pepper. Add the remaining potatoes and pour the milk over all. Cover the dish, bake at 350° F. for one-half an hour. Then remove the cover and continue baking from one-half to three-fourths an hour longer or until the ham and potatoes are tender. Yield: 4 to 6 portions.



Lucile W. Small, Editor of the Household Department of New England Homestead, a bi-weekly magazine for farm people.

Lucile W. Small
recommends . . .



**POTATO
SOUFFLÉ**

2 cups hot mashed Maine potato
2 tablespoons butter

2 eggs
1 cup milk

Season mashed potato with butter. Beat egg yolks and add. Add milk. Blend, fold in beaten egg whites. Heap in well-greased baking dish. Bake in moderate oven (375° F.) about 10 minutes, or until brown. Yield: 6 portions.

**POTATO
PUFFS**
(deep fat)

$\frac{1}{2}$ cup sifted flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt

Dash of pepper
1 cup mashed Maine potatoes
2 well beaten eggs

Sift flour once, measure, add baking powder, salt and pepper, and sift again. Combine potatoes and eggs, and add flour. Drop by teaspoons into deep fat (375° F.) and fry until golden brown. Makes 18 good-sized puffs.

**POTATOES
JULIENNE**

Wash, pare and cut 6 medium-sized Maine potatoes in one-fourth inch slices; then with a sharp knife slice into Julienne match-shaped strips. Wash again, drain and dry on a towel.

Put into frying basket and fry in hot deep fat (375° F.) for about six minutes. Drain thoroughly, sprinkle with one teaspoon salt, shake well and serve on a hot dish. If desired, they may be sprinkled with one teaspoon of finely minced chives before serving. Yield: 6 portions.

. . .

In boiling, have the water already boiling rapidly when you put the potatoes in, and then cook them with the water boiling rapidly and continuously. But never overboil potatoes. It is well to arrest the boiling when they are just tender. Then you can cover the potatoes with a clean cloth, and let them finish in their own steam.

. . .

When steaming potatoes, the steaming should be rapid, and the skins removed at once, for maximum mealiness and minimum sogginess.

STATE OF MAINE

SELECTED
U. S. No. 1 GRADED

POTATOES



WOMAN'S HOME COMPANION

Ada Bessie Swann, Director of Home Service Center

Each year hundreds of recipes are tested, appetite-tempting menus devised, and new food products tried.

The Home Service Center recommends...



POTATO NUT SALAD

3 cups cold boiled potatoes
cut in cubes

1 cup pecan nuts,
broken in pieces
5 tablespoons olive or
salad oil
1 tablespoon salt

$\frac{1}{2}$ teaspoon onion juice
Dash of cayenne
2 or 3 tablespoons vinegar
Watercress or other
salad green

Mix potatoes and nuts, add the oil and mix again; add other seasonings and when well mixed, set aside in a cool place an hour or more. Wash, clean and chill salad greens. Arrange around salad and serve with French or mayonnaise dressing. Yield: 4 to 6 portions.

LYONNAISE POTATOES

3 tablespoons butter or
bacon fat
1 small onion, sliced thin
Salt and pepper

2 cups cold boiled
potatoes, diced
1 tablespoon parsley,
finely chopped

Melt butter or bacon fat in frying pan, add onion and cook until brown. Add sliced potatoes and fry until light brown, shaking pan occasionally. Season with salt and pepper. Add parsley and serve. Yield: 6 portions.

ALMOND POTATO CAKE

2 squares unsweetened
chocolate (2 oz.)

$2\frac{1}{2}$ cups cake flour
 $3\frac{1}{2}$ teaspoons baking powder
1 teaspoon salt
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon cinnamon
1 cup shortening

2 cups sugar
4 eggs
1 cup freshly mashed potatoes
1 teaspoon grated lemon rind
1 cup shredded almonds
 $\frac{1}{2}$ cup milk

Melt chocolate over hot water; cool. Sift flour, measure, and sift again with baking powder, salt and spices. Cream shortening, add sugar gradually, creaming until light and fluffy. Add unbeaten eggs one at a time; beat well, add potatoes and cooled melted chocolate; beat until well blended and add lemon rind and $\frac{3}{4}$ cup almonds. Add flour alternately with milk, beating well after each addition. Sprinkle top with remaining almonds. Bake in well greased pan (8x12x2 $\frac{1}{2}$) in moderate oven (325° F.) 50 to 55 minutes or until done. The cake will cut into 24 2-inch squares. (Illustrated on opposite page.)





Grace Turner, Associate Editor of This Week Magazine. Formerly Home Institute Editor of New York Herald Tribune; staff associate of American Child Health Association.

Grace Turner recommends . . .



BACON POTATO CAKES

6 medium-sized cooked
Maine potatoes
 $\frac{1}{2}$ teaspoon salt

Dash of pepper
 $\frac{1}{2}$ cup minced cooked bacon
2 tablespoons milk

Mash potatoes with salt and pepper. Mix in bacon, then milk. Form into flat cakes and fry until brown on both sides. Serve at once. Approximate yield: 6 portions.

POTATO CHICKEN CASSEEROLE

3 cups hot riced
Maine potatoes
1 (No. 2) can asparagus
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

$\frac{1}{8}$ teaspoon nutmeg
2 cups chopped
cooked chicken
1 cup thick sour
cream

Arrange potatoes over bottom and around sides of greased casserole. Drain asparagus and arrange stalks over potatoes. Sprinkle with seasonings, then add chicken. Top with sour cream. Bake in a moderately hot oven (375° F.) about 20 to 25 minutes. Approximate yield: 6 portions.

BAKED CREAMED POTATOES WITH DEVILED HAM

6 medium-sized
Maine potatoes
2 tablespoons butter
2 tablespoons flour
 $1\frac{1}{2}$ cups milk

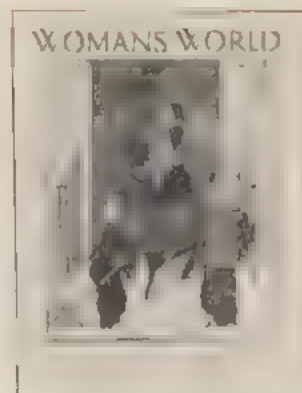
1 teaspoon salt
Dash of pepper
3 hard-cooked eggs
1 large can deviled ham
2 tablespoons fine crumbs

Boil potatoes until tender, then cut in dice. Melt butter, blend in flour and gradually add milk, stirring until thick and smooth. Season with salt and pepper and combine with potatoes. In a greased casserole, arrange alternate layers creamed potatoes, hard-cooked eggs and deviled ham, having top layer of potatoes. Sprinkle lightly with crumbs and bake about 20 minutes in a moderately hot oven (375° F.). Approximate yield: 6 portions.



Mrs. Lily Haxworth Wallace, Home Economics Editor of Woman's World. Graduate of National Training School of Cookery, London, England. Lecturer and writer on home economics. Former National President of Associated Clubs of Domestic Science.

Mrs. Lily Haxworth Wallace recommends . . .



MAINE POTATO AND CLAM PIE

1 quart Maine potatoes, boiled and sliced	$\frac{1}{2}$ cup chopped celery
6 sliced young onions	2 cups solid minced clams
1 tablespoon butter	1 cup milk
$\frac{3}{4}$ teaspoon salt	1 tablespoon quick-cooking tapioca
$\frac{1}{8}$ teaspoon pepper	Baking powder biscuit crust

Combine ingredients in order given, turn into baking dish, cover with biscuit crust, prick, and bake about half an hour in a hot oven—400° F. Yield: 6 portions.

RUSSIAN STYLE POTATOES

6 medium-sized Maine potatoes	1 small onion
Water	2 tablespoons butter
Salt and pepper	3 tablespoons sour cream

Wash, pare and dice potatoes, then put into stew pan with just enough cold water to cook them slowly—they should not be covered with water. Season well with salt and pepper, add the onion, finely chopped, cover and simmer until tender—they should not become mushy. Add butter and sour cream (more may be added if liked) cover and shake the pan gently. Let stand a few minutes before serving. Yield: 6 portions.

POTATO WAFFLES

3 eggs	1 teaspoon salt
2 cups Maine potatoes, boiled and riced	1 cup milk
1 tablespoon melted shortening	1 cup flour
	2 teaspoons baking powder

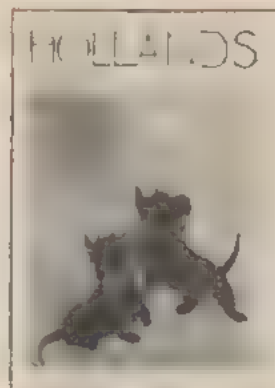
Beat eggs until light, add potatoes (boiled, riced and allowed to cool), shortening, salt and milk, then flour sifted with baking powder and beat to blend thoroughly. Bake immediately in hot waffle iron. Serve with butter and maple syrup. Yield: 6 four-section waffles.





Betsy Whitney, Editor of Foods in the Home Department of Holland's Magazine, The Magazine of the South.

Betsy Whitney
recommends...



POTATOES À LA PANAMA

6 good sized Maine potatoes
1 tablespoon butter
1 teaspoon salt
 $\frac{1}{2}$ cup thin cream

6 eggs
6 tablespoons grated
American cheese
 $\frac{1}{4}$ teaspoon pepper

Bake the potatoes, cut slice from end, carefully scoop out contents, mash and add the cream, butter, salt and pepper; beat until creamy. Fill half of the potato shell then drop in whole egg, cover with a little potato and a tablespoon of grated cheese; replace slice of potato, secure with toothpicks, bake for fifteen minutes in moderate oven (375° F.). Yield: 6 portions.

CORNERD BEEF HASH WITH POTATOES

3 cups corned beef, chopped
3 cups cold boiled
Maine potatoes, chopped

1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup milk or cream

Mix corned beef and potatoes, add seasoning, moisten with milk or cream, spread evenly in hot buttered frying pan, cook slowly until brown, turn and fold on hot platter. Yield: 6 portions.

BACON AND POTATO OMELET

1 cup cold Maine potatoes,
chopped fine
 $\frac{1}{2}$ cup bacon, diced

4 eggs
 $\frac{1}{3}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Brown potatoes and bacon together in a frying pan. Separate eggs, beat yolks until creamy, add seasonings, and stir into the potatoes and bacon. Fold in stiffly beaten egg whites and cook over low heat until brown on bottom. Fold and serve at once. Yield: 6 portions.

. . .

To bake potatoes, scrub good-sized potatoes, remove eyes or rough spots, and rub well with cooking fat. Place in hot oven (400° F.) and bake for 1 hour or until tender when pierced with a sharp two-pronged fork. Remove from the oven, slit, and add a bit of butter and seasoning.





Miriam J. Williams, Foods Editor of *The Farmer's Wife Magazine* "whose readers frequently cook potatoes two or more times a day." Formerly Extension Nutritionist for the State of Colorado.

Miriam J. Williams
recommends...



POTATOES FRIED IN SOUR CREAM

Peel and slice 6 Maine potatoes quite thin. If onion flavor is a favorite, slice 1 onion very thin. Melt a very little fat in a hot skillet, add potatoes and onion, sprinkling each layer with salt. Pour in thick sour cream to *half cover*, cover the skillet and cook slowly, turning potatoes occasionally with a spatula. When nearly tender remove lid and fry until cream is absorbed and potatoes begin to brown. Yield: 6 portions.

CODFISH BALLS

4 or 5 medium-sized Maine potatoes	1 tablespoon butter Pepper
1 cup shredded salt cod	1 egg

Pare and slice potatoes. Cook until tender. Drain. Put cod in a strainer and rinse with boiling water. Cook cod and potatoes in boiling water. Mash and beat until very smooth. Add butter, pepper and egg. Drop by teaspoonfuls into very hot fat (385° F.), and cook until light brown. Drain on soft paper. Serve with egg sauce. Yield: 6 portions.

FRANKFURTER CROWN POTATO DRESSING

1 ½ pounds frankfurters	Potato dressing 3 slices bacon
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Thread frankfurters through center on a string, tie ends of string and stand frankfurters on end in shape of a crown on a rack in a roasting pan. Fill center with potato dressing (see below). Place slices of bacon on top of dressing. Place in moderate oven (350° F.) until bacon browns. Add ½ cup water, cover and let cook 20 minutes.

POTATO DRESSING

4 slices bacon	1 teaspoon salt	1 quart bread cubes
1 tablespoon chopped onion	Water	1 egg
1 tablespoon chopped parsley	¼ teaspoon pepper	2 cups mashed Maine potatoes

Dice bacon, brown. Add onion and cook slowly until tender. Add seasonings. Combine with cubed bread. Add slightly beaten egg and mashed potatoes. Toss together until evenly combined. Add water for desired consistency.



New York Post

*Winifred Wishard, Food Editor of the New York Post
and author of "Home on the Range," food column.*

Winifred Wishard recommends . . .

POTATOES STUFFED WITH BRAZIL NUTS

6 Maine potatoes
 $\frac{1}{3}$ cup hot milk
 $1\frac{1}{2}$ teaspoons salt
Pepper

Paprika
 $\frac{1}{2}$ cup Brazil nuts,
sliced
6 whole Brazil nuts

Cut potatoes in half lengthwise and scoop out centers. Press through ricer, add hot milk and beat until smooth. Add seasonings and sliced Brazil nuts and beat well. Refill potato shells, insert whole nut into each, return to hot oven (400° F.), and bake until brown. Yield: 6 portions.

DAINTY POTATO BUNS

$\frac{1}{2}$ cup mashed Maine potatoes
 $\frac{1}{2}$ cup milk, scalded
1 cake compressed yeast
 $\frac{1}{4}$ cup lukewarm water
4 cups sifted cake flour (about)

1 egg, well beaten
2 tablespoons sugar
1 teaspoon salt
3 tablespoons melted
butter

Combine potatoes and milk. Cook to lukewarm. Soften yeast in water and add to potatoes. Add enough flour to make a batter, beating well. Cover and let rise in warm place until light. Add egg, sugar, salt, butter, and remaining flour to make a soft dough. Knead lightly until smooth. Place in greased bowl, cover, and let rise again until double in bulk. Roll out $\frac{1}{2}$ inch thick. Cut with floured biscuit cutter. Place in greased pan. Let rise until double in bulk. Bake in hot oven (400° F.), about 15 minutes, or until done. Makes 12 to 15 buns.

SOUFFLÉD POTATO SLICES

Select medium-size Maine potatoes of uniform size; pare and cut on slant in thin slices about $\frac{1}{8}$ inch thick. Dry between towels and fry, a few at a time, in medium hot deep fat (275°-300° F.) for 5 minutes, keeping potatoes in motion. Then lift basket and plunge quickly into very hot deep fat (400°-425° F.) for 1 to 2 minutes, or until puffed and browned, keeping potatoes in motion. They should puff at once when dropped into kettle of hot fat. Hold basket over kettle for fat to drip, then turn out on absorbent paper to drain. Sprinkle with salt and serve at once. The type of potato (Maine) and the quick changes from a medium-hot to a very hot fat are important in making these slices.



**IDENTIFIED FOR
YOUR CONVENIENCE**

State of Maine potatoes are going to market officially trade-marked for your protection and packaged for your convenience in 10 and 15 pound paper and mesh bags, 10 and 15 pound carrying cartons, in special packs of 6 selected Jumbo bakers, as well as in the standard 100 pound burlap bags.

"Looking like a character from one of Whittier's poems," the lovable Maine Potato Boy display at the right greets you in local stores where Genuine State of Maine Potatoes are sold.





McCALL'S MAGAZINE

Elizabeth Woody, Director of Foods

The McCall Kitchens originates and tests recipes, and conducts research, as a background for food articles.

**The McCall Kitchens
recommend . . .**



CRABMEAT CANOES

6 medium Maine potatoes

2 tablespoons butter or margarine

4 tablespoons milk

1 tablespoon grated onion

Few grains pepper

$\frac{1}{2}$ teaspoon salt

1 cup crabmeat

$\frac{1}{2}$ cup grated American cheese

Bake potatoes; cut lengthwise and scoop out carefully. Mash potatoes, add butter or margarine, milk, onion and seasonings, and beat until creamy. Add crabmeat to this mixture and refill shells, mounding slightly. Sprinkle with cheese. Bake in a slow oven (325° F.) 20 minutes. Serves 6.

ONE-STEP CREAMED POTATOES

3 cups cubed, raw

Maine potatoes

1 cup milk

$\frac{1}{2}$ teaspoon salt

Few grains pepper

2 tablespoons

butter

or margarine

Put potatoes, milk, salt and pepper into top of double boiler. Heat quickly until water boils in lower part of double boiler, then lower to simmering heat. Cook 35 minutes or until potatoes are tender. Stir in butter or margarine. Serves 6.

POTATO PANCAKES

6 medium-sized raw

Maine potatoes

2 tablespoons flour

2 eggs, beaten

$1\frac{1}{2}$ teaspoons salt

2 teaspoons melted fat or oil

1 tablespoon milk

1 teaspoon grated raw onion

4 tablespoons of fat

or of oil

Grate potatoes, add flour, eggs, salt, 2 teaspoons melted fat or oil, milk and onion; mix well. Heat remaining fat or oil in a heavy frying pan. Drop tablespoons of the potato mixture into it; fry until a golden brown on both sides. Serves 6.

. . .

Additional potatoes are an excellent "filler" for stretching vegetable soup or chowders of any kind. And you add food values at low cost.



Clara Bell Woolworth, Associate Editor and Feature Writer of The Rural New Yorker, a business farmers paper. Most of the recipes published in her Woman and Home Department come from farm kitchens.

Clara Bell Woolworth
recommends . . .



**POTATOES FRIED
IN BUTTERMILK**

Heat two tablespoons of fat in frying pan, stir in two cups of chopped Maine potatoes, and toss them about until they begin to color, adding seasoning to taste. Then stir in one cup of rich buttermilk and simmer for five minutes. Serve on crisp toast. Yield: 4 to 6 portions.

**MASHED POTATO
STUFFING
FOR PEPPERS**

Cut the tops from 6 large, sweet peppers and remove centers. Fill with mashed Maine potatoes mixed with an equal quantity of cold beef ground fine. Season with a little pepper. Put tops on peppers, place in casserole, and add about $\frac{1}{4}$ cup water. Bake without cover in moderate oven until peppers are tender. The flavor of the peppers will permeate the filling and give a delicious taste. Yield: 6 portions.

**POTATO
DUMPLINGS**

6 raw Maine potatoes peeled and grated, 2 boiled Maine potatoes grated. Press raw grated potatoes through cloth to extract water, pour $\frac{1}{4}$ cup hot boiled milk over them. Cut 4 slices of wheat bread in cubes, and fry in butter, and add to potatoes. Now add 4 eggs, beaten, 4 tablespoons flour, salt to taste, and a little nutmeg. Mix well, roll out the size of an egg with floured hands, drop in boiling salted water, and simmer for 20 minutes. Drain and serve with stew. Yield: 6 portions.

. . .

To steam potatoes, wash medium-sized potatoes of uniform size, or cut to make same size, and steam them over rapidly boiling water for about 40 minutes. Serve with melted butter and chopped parsley.

. . .

Serve stuffed baked potatoes often for luncheon, with a green salad and a glass of milk. Suitable for children as well as adults. Consult index for variations of stuffed baked potatoes and potatoes as entrees.

MAINE
STATE
SELECTED
JUMBO BAKING
POTATOES



An Apology

We are very sorry that there has been so much delay in getting your potato recipe booklet to you.

We did not allow enough time to assemble these very fine recipes. Then, too, it took longer in getting the booklets from the printer than we had planned on.

We appreciate the patience that you have shown in waiting, and trust that you will be so pleased with the booklet that it will recompense you for the inconvenience.

MAINE DEVELOPMENT COMMISSION